



# A FEW GRAY HAIRS



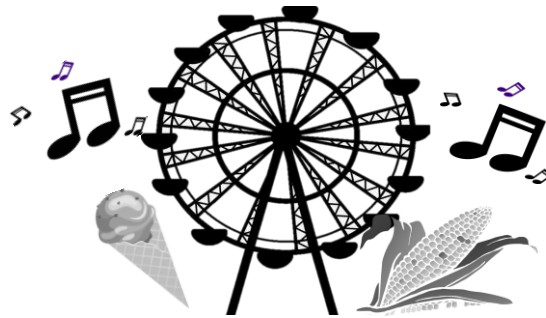
A Newsletter of the Georgetown Council on Aging  
Email: [cfiorello@georgetownma.gov](mailto:cfiorello@georgetownma.gov)

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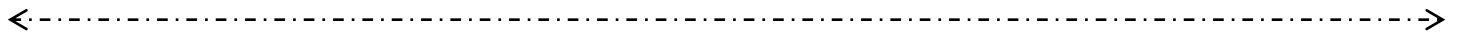
Website: [www.georgetownma.gov](http://www.georgetownma.gov)

**Director's Notes...** To any child, the arrival of August often seems to signify the end of easy summer days. My family in Ontario says that there are two seasons – winter and July! As August arrives, the running joke in the family is whether or not we can see ice forming on the river! Since we lived outside of Ottawa, the arrival of August always meant the arrival of the annual Ottawa Exhibition. At that time, the Ottawa “Ex” was still very much an agricultural fair with barns of livestock for patting, displays of farm and garden produce, horse shows (including the Mounties and the Musical Ride) and a wonderful midway – with a double Ferris wheel that still haunts my dreams! My friend and I will never forget the night that we were stopped at the very top of the double Ferris wheel! We were almost too terrified to look at the lights of the city between our fingers! But, we did and it was beautiful! When it was time for the “Ex”, there was always a twinge of regret that the summer was drawing to a close. After we moved to Newburyport, my sister and I would associate the arrival of Yankee Homecoming with the end of summer. Although we had at least another four weeks before school would begin, we were already moping about the end of summer and all related fun. Now as an adult, I know that August can still hold some wonderful stroll on the boardwalk in stand for freshly picked corn, (with maybe a hot dog or two any excuse to visit one of are wonderful ways to still summer days August can hold



an evening concert in a park to please the husband) and our local ice cream stands enjoy some of our precious many delights and...

I hope that you can enjoy some late summer treats before the ice forms on the river!



## *Crosby's Marketplace Sponsors Men's Breakfast*

Reflecting true community partnership, Crosby's Marketplace will sponsor the COA's monthly Men's Breakfast program again this year. Now in its 11<sup>th</sup> year of sponsorship, Crosby's Marketplace has allowed us to increase our monthly program with additional participation. On an average we serve 20 men per month! Breakfasts include a variety of speakers and a home-cooked meal. The COA thanks Crosby's Marketplace for their sponsorship and encourages all men to join us for good food and fun each month. For more information, please call the COA office at (978) 352-5726.



Thank you to Corona Magner

Sadly, we have had to say goodbye this summer to our dear friend Corona Magner who has moved to a warmer climate and new adventures. Corona has served as a Council on Aging board member for 15 years. We couldn't ask for a stronger supporter of the COA's mission to serve elders and the community. Whether she was

folding newsletters, serving at a special function or attending meetings, Corona was a model of grace, compassion and a commitment to service. We will miss her but wish her the very best as she enjoys all the joy that will come with this new chapter in her life.

# August Activities

ALL ACTIVITIES ARE HELD AT GEORGETOWN SENIOR COMMUNITY CENTER UNLESS OTHERWISE NOTED.



CALL US AT 978-352-5726.



## AUGUST VAN SCHEDULE 2018

Shopping Date	Location	Recreation Date	Location
		Aug. 2 9:30	Super Walmart/Salem, NH
Aug. 7	NO VAN – Brown Bag Only	Aug. 9 10:30	Plaistow, NH
Aug. 14 9:30	Riverside/Haverhill	Aug. 16 10:30	Mann's Orchard/Methuen
Aug. 21 9:30	Seabrook, NH	Aug. 23 10:30	North Shore Mall/Peabody
Aug. 28 9:30	Newburyport	Aug. 30 10:30	Westgate/Haverhill

**JOIN US MONDAY – THURSDAY MORNINGS** from 8:30-11 a.m. for cards and cribbage games! Puzzles, coloring materials & a pool table (call for availability) are also available for drop-in use. Hot coffee and snacks are a great way to meet-up with friends!

**PUBLIC HEALTH NURSE:** Wed. Aug. 1, 9:30 a.m.

Public Health Nurse **Pam Lara** provides blood pressure checks, heart assessments, & medication information & discusses any medical concerns seniors have.

**MEN'S BREAKFAST:** Thurs. Aug. 2, 9:30 a.m.

**Rev. Bill Boylan** will speak on local history. With great appreciation, the COA thanks Crosby's Markets for their sponsorship. To make reservations, call 978-352-5726.

Next breakfast: Sept. 6 Speaker: TBA

**SHINE OFFICE HOURS:** Mon. Aug. 20, 9 a.m.-12 p.m.

**SHINE Counselor Jerry Goldberg** will be here to answer health insurance questions. **APPOINTMENTS MUST BE SCHEDULED THROUGH THE COA OFFICE.** If you cannot come to the scheduled hours, the COA can contact our SHINE counselor to make other arrangements for you. To schedule an appointment, call (978) 352-5726.

### Local Legislators' Office Hours

**State Rep. Lenny Mirra & Senator Bruce Tarr**, or their representatives, will be on hand at the **Georgetown Senior Community Center** to meet with constituents to answer questions, hear comments or provide assistance. The next scheduled office hours for both will be:

**Tues. August 21, 11 a.m. – noon**

The public is welcome. No appointment necessary. If you cannot come to the Center, both legislators can be contacted through the email addresses below.

Rep. Lenny Mirra: Leonard.Mirra@MAhouse.gov

Sen. Bruce Tarr: Bruce.Tarr@masenate.gov

For more information, contact the COA at 978-352-5726.

### SEATED MEDITATION CLASS:

**Mon. Aug. 6, 13, 20, 27 1:30 p.m.** (See page 3.)

**BOCCE & ICE CREAM:** (See page 3.)

**Wed. Aug. 8, Bocce: 12:30 p.m. Ice Cream: 1:30 p.m.**

### GRIEF SUPPORT FOR LIVING WITH LOSS:

**Tues. Aug. 21, 1:30 p.m. – 3 p.m.**

### SUMMER CLASSIC MOVIE: "CASABLANCA" & PIZZA

**Thurs. Aug. 30, 10:00 a.m. Pizza: 12 p.m.** (See page 3.)



**AUGUST BIRTHDAY:** Wed. Aug. 29, 12:00 p.m.

Join us as we send best wishes to our friends who were born in August. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 8/22/18 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

**Free Legal Help** offered by Atty. Elaine Dalton

*No office hours  
in August*



## Health & Wellness Classes

All classes are held at Georgetown Senior Community Center  
unless otherwise noted.

Newcomers & beginners welcome.

There is a SUGGESTED DONATION of \$3.00 per class.

Class	Meets on	Time
Seated Meditation Class	Monday	1:30 p.m.
Yoga (Bring a mat or towel)	Monday	10:30 a.m.
	Wednesday	9:30 a.m.
Strength Training	Tuesday	9:30 a.m.
Tai Chi	Thursday	12:30 p.m.
Fitness Room	Mon. – Thurs.	Call for equip. Availability

## New Walking Program

Meets Rain or Shine

**Tues. & Thurs. 8:30 a.m.**

Participants will meet at the GSCC and will embark on one of several pre-determined routes.

Walking Club is free of charge.



Massachusetts  
Councils on Aging

This program has been provided by a grant awarded to the MCOA by Blue Cross Blue Shield of Massachusetts.

## Seated Meditation Classes Continue

**Mondays: Aug. 6, 13, 20, 27, 1:30 – 2:30 p.m.**

Georgetown Senior Community Center

Facilitated by Petra Horgan

The classes will feature seated meditation with:

- focus on breathing,
- guided meditation & visualization,
- learning the benefits of meditation.
- Suggested donation of \$3.00



For more information, call the COA at 978-352-5726.



**Come one! Come all! Novice to Expert...**

## **Bocce and Ice Cream**

**Wed. Aug. 8**

**12:30-1:30 p.m. = Bocce 1:30-2 p.m. = Ice Cream**

Come on down for some fun exercise and cool off with a sweet treat.

Please sign-up by calling the COA at 978-352-5726.



## Summer Classic Movie Series

**Thursday Aug. 30, 10 a.m.**

Georgetown Senior Community Center

Enjoy a presentation of

**“Casablanca”** Starring  
Humphrey Bogart/Ingrid Bergman

followed by a special **PIZZA LUNCH** at noon!

Please sign-up by calling the COA at 978-352-5726.

## Coming in Sept. :

### **Home improvement Contract Safety**

Presented by

**Robin Putnam/Consumer Protection**

**Tues. Sept. 11, 10 a.m.**

### **Senior Charlie Card Day**

Sponsored by

**Georgetown COA & Senator Bruce Tarr’s Office**

(Tentatively) **Tues. Sept. 18**

Watch for further details

**The Senior Charlie Card is a service for elders 65 years or older.** It can be used to receive reduced fares on all MBTA transportation services including buses, the subway, commuter rail line and ferries.

### **“Swallowing Sweetness –**

### **The facts about Sugar”**

Sponsored by Elder Services of Merrimack Valley

Join Registered Dietitian, Leigh Hartwell, for an  
interactive nutrition lesson about sugar on

**Wednesday Sept. 26 at 10:30 a.m.**

Topics include:

- ♥ types of sugar,
- ♥ food and beverage sugar content,
- ♥ health effects of added sugars,
- ♥ tips to cut back on added sugars, and
- ♥ artificial sweeteners.
- ♥ Q&A with a dietitian will also take place.

For more information on any of these programs, please call the COA at 978-352-5726.

# Georgetown Senior Community Center

Come and join us for an informative class, exercise, fun activities and/or a meal. It's a great way to reconnect with friends...or make new ones!



## Ongoing & Monthly Activities

For more info on any activities call the COA  
978-352-5726



**COA Marketplace:** Nonperishable items are located at GSCC. No income restrictions apply. Appointments are required by calling 978-352-5726.

**BINGO:** Mon. at 12:30 p.m. \$1 per card covers all games.

**WINTHROP STAMP CLUB:** 2<sup>nd</sup> & 4<sup>th</sup> Thurs., 1-4 p.m.  
General meeting followed by stamp auction (open to public).

**Knitting Group:** 2<sup>nd</sup> & 4<sup>th</sup> Thurs., 9:30-11:30  
Drop-ins welcome.

**Grief Support for Living with Loss:** 2<sup>nd</sup> Tues., 1:30-3 p.m.

**Emergency Quilts for Comfort:** 2<sup>nd</sup> & 4<sup>th</sup> Tues., 12-2 p.m.  
Free. Fabric/batting provided. Drop-ins/beginners welcome.

**Beginner's Quilting Class:** 2<sup>nd</sup> & 4<sup>th</sup> Tues., 2-3 p.m.  
Free. Fabric/batting provided.

**Mah Jong Group:** Wed. at 12:30 p.m.

**Book Club:** 4<sup>th</sup> Tuesday of each month, 2 p.m.

## Georgetown Summer Concert Series

Ice House Pavilion ~ American Legion Park

Sunday evenings 5-7 p.m.

Bring your own seating. Food vendors will be on the premises.

**Aug. 5:** Justin Panigutti Band/American Rock & Soul

**Aug. 12:** Byfield Parish Praise Band

**Aug. 19:** The Budds Band

**Aug. 26:** Liz Bills & The Change/The Kelly Girls



## Free Summer Concerts @ The Library

The Georgetown Public Library is hosting a variety of free concerts on Wednesdays this summer at the Library, 2 Maple Street, Georgetown.

**Aug. 1: 6:30 p.m. Lyle Brewer**

Lyle Brewer is a guitarist. He plays original instrumental music influenced by folk, jazz, & classical music.

**Aug. 8: 6:30 p.m. Plum Island Pans**

Engaging multiple steel drum ensembles, this group covers a number of styles and genres of music including traditional steel drum, reggae, jazz & billboard hits.

For more information, contact the GPL @ 978-352-5728 or Georgetownpl.org.



## Free Fun Fridays 2018

Sponsored by the Highland Street Foundation,  
Boston Globe & WCVB5-(abc)

**Totally free admissions every Friday, all summer-through August 31.** Below is a sampling of activities. For a full schedule contact HighlandStreet.org, call 617-969-8900 or check the bulletin board at GSCC.

**Aug. 3:** Franklin Park Zoo  
Historic Deerfield  
The Eric Carle Museum of Picture Book Art

**Aug. 10:** Boston Harbor Islands Nat'l & State Park  
Wenham Museum  
Fuller Craft Museum

**Aug. 17:** JFK Presidential Library & Museum  
Plimoth Plantation  
New England Historic Genealogical Society

**Aug. 24:** Heritage Museums & Gardens  
Emily Dickinson Museum  
Museum of African American History

**Aug. 31:** Old Sturbridge Village  
Norman Rockwell Museum  
Cape Ann Museum

# **Council on Aging Services**

For information on any of the following services, contact the COA at (978) 352-5726.

## **TRANSPORTATION/SHOPPING:**

The Van is available Tuesdays & Thursdays for door-to-door for shopping and errands. Reservations should be made at least two days in advance by calling the COA office at (978) 352-5726. Monthly Van Schedules are printed in the Newsletter. A small donation is suggested to help with program expenses.

## **TRANSPORTATION/MEDICAL:**

### **Northern Essex Elder Transport, Inc.**

This program provides rides for elders to medical appointments. Arrangements should be made at least **ONE WEEK** in advance by calling the COA office at (978) 352-5726. If the office is closed, please leave a message (and remember that the COA is not open on Fridays). After the ride is arranged, the **DRIVER** will call you the day before the ride. A donation of 43 cents per mile is suggested to help support the program, but no one is turned down due to inability to pay. Please remember: Reservations must be made through the COA office. Clients should not call the drivers directly.

### **RING & RIDE: Medical, Shopping & General Purpose**

#### **Transportation & Medi-Ride**

Ring & Ride is a free shared van service available to Georgetown residents. It requires 24 hour notice w/reservations made through MVRTA (978-469-6878, option #3). The van can be used for any purpose including medical and shopping in Amesbury, Boxford, Georgetown, Haverhill, Groveland, Newburyport, Lawrence, Methuen, Newbury/Byfield, North Andover, West Newbury, & Rowley Train Station & Market Basket. MVRTA also provides Medi-Ride to Boston area hospitals. For brochures, contact the COA.

## **HANDICAP PLACARDS**

The COA has applications for **HANDICAP placards** available from the Registry of Motor Vehicles.

## **Meals on Wheels**

Available to eligible seniors by calling Elder Services of Merrimack Valley at 1-800-892-0890.

## **Congregate Meals**

The COA Meal Site offers nutritious lunches Monday-Wednesday at 12:00 p.m. Please make reservations by the previous Wed. by calling the COA or in person at the Georgetown Sr. Comm. Ctr.

## **FOOD AND HEAT RESOURCES**

For information & assistance w/state & local resources, contact the COA office at (978) 352-5726.

## **Board of Health Nurse**

On the first Wednesday of each month, from 9:30 - 10:30 AM, Pam Lara, RN is available at the Georgetown Sr. Community Center to perform blood pressure checks, etc.

## **S.H.I.N.E.**

**S**erving **H**ealth **I**nformation **N**eeds of **E**veryone will help you understand your health insurance concerns. Appointments can be scheduled with SHINE counselor Jerry Goldberg @ Georgetown Sr. Community Center. See newsletter for specific dates.

## **EQUIPMENT LENDING PROGRAM**

COA has medical equipment (Walkers, Canes, Wheelchairs, Bath Seats, etc.) for long- or short-term lending.

## **FILE OF LIFE & YELLOW DOT PROGRAMS**

Both programs provide a health history document to be used by emergency personnel in case of illness or injury. One is for your home, the other for your car.

## **HEALTH CARE PROXIES**

COA has fact sheets and Health Care Proxy forms available upon request.

**THE FILE** A handy folder which serves as a summary of record of Financial Information, Investments & Insurance, Legal Documents & Estate Management information.

Updated 5/23/17

Georgetown Council on Aging  
51 North Street  
Georgetown, MA 01833

**Return Service Requested**

We strive to keep our mailing list up-to-date. Please let us know if you would prefer not to receive the newsletter or if the addressee is no longer at this address.

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**Georgetown Council on Aging**  
**51 North Street**  
**Georgetown, MA 01833**  
**(978) 352-5726**

**Open:**  
**Monday – Thursday 8 am – 4 p.m.**

**Georgetown**  
**Senior Community Center**  
**51 North Street**  
**Georgetown, MA 01833**

**Open:**  
**Monday – Thursday 8:30 am – 4 p.m.**

**PUBLIC NOTICE**

C.O.A. board meetings are open to the public. They are held at **12:45 p.m.** on the 4<sup>th</sup> Tuesday of each month at **Georgetown Sr. Community Center**  
**51 North Street, Georgetown**

**NEXT BOARD MEETING:**  
**Tuesday August 28, 2018**

**Georgetown Council on Aging:**  
**Director:** Colleen Ranshaw-Fiorello  
**Office:** Julie Pasquale, Newsletter  
Kirsten Klueber, Outreach  
Dave Hall, Van Driver  
**Meal Site Coordinator:** Mickie Locke  
**Board Members:**  
Esther Palardy, Chair  
Sue Clay, Vice Chair  
Caroline Sheehan, Treasurer  
Jean Perley, Secretary/Clerk  
Jill Benas, Diane Prescott, Nancy Thompson, **Alternates:** Darcy Norton, Diane Klibansky

**Town of Georgetown:**  
Michael Farrell, Town Administrator  
Joe Bonavita, Board of Selectmen, Chair  
Douglas Dawes, Board of Selectmen, Clerk  
Gary Fowler, Board of Selectmen  
Steven Sadler, Board of Selectmen  
Charles Durney, Board of Selectmen

**Georgetown COA Webpage** is located on the town's official website [www.georgetownma.gov](http://www.georgetownma.gov).

**Council on Aging Mission Statement:** The main objectives of the Georgetown Council on Aging are to advocate on behalf of older adults, to identify their needs, to develop and implement services to meet their health, economic, social and cultural needs, to encourage maximum independence and to improve their quality of life.

**Inclement Weather Policy:** The Georgetown Council on Aging and Senior Center will be open for business in inclement weather unless all Georgetown town offices are closed. If the Georgetown Public Schools are closed, there will be no van rides or NEET rides, and all COA activities/programs will be cancelled. If the Elder Services of Merrimack Valley Lunch Program is closed, there will be no lunches served at the COA Meal Site located at the Georgetown Senior Community Center.

**August Menu - Lunch reservations must be made by the previous Wednesday. Call (978) 352-5726.****Lunch is served Monday through Wednesday at the Georgetown Sr. Community Center at 12 p.m. Cost is \$2.00.**

Congregate meals are made possible in part by funding from the Older Americans Act as granted by Elder Services of the M. Valley

Nutritional information regarding meals is available upon request by calling the COA office at (978) 352-5726.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
<b>6</b> American Chop Suey, Green Beans, Peaches, Italian Bread	<b>7</b> Frittata ( vegetables/egg/ham), Mashed Pot, Baked Apples, Yogurt, Oat Bread, Juice (no milk)	<b>1</b> Sweet n'Tangy Meatloaf/Sauce, Mashed Pot, Brussels Sprouts, Corn Bread, Fresh Fruit, Roll
<b>13</b> Hot dog/Bun, Baked Beans, Mixed Veg, Pineapple	<b>14</b> Herbed Chix/Gravy, Parmesan Rice, Butternut Squash, WW Bread, Diet Gelatin	<b>8</b> Asian Salad: Chix/Lettuce/Mandarins/Crispy Noodles/Asian Drsg, Pasta Salad, Fruit, WW Roll
<b>20</b> Chix Parm, Pasta/Marinara Sauce, Cauliflower & Broccoli, Pears, Italian Bread	<b>21</b> Cheeseburger/Bun, Roast Pot, Coleslaw, Brownie Cookie	<b>15</b> Meatballs/Honey Garlic Sauce, Rice, Garden Salad/Parm Cheese, WW Roll, Fresh Fruit
<b>27</b> Salisbury Steak/Gravy, Sweet Pot, Capri Veg, Peaches, WW Dinner Roll	<b>28</b> Aloha Chicken, Rice, Corn & Black Beans, Oat Bread, Fruit Ambrosia	<b>22</b> Turkey/Gravy, Mashed Pot, Carrots, WW Roll, Fresh Fruit Salad
		<b>29</b> Pulled Pork/BBQ Sauce/Bun, Roast Pot, Chef's Choice Veg, Fresh Fruit

**Strength Training Update**

As of June 19, 2018

Strength Training Classes are now held on **Tuesdays at 9:30 a.m.** at the Georgetown Senior Community Center.**AUGUST VAN & ACTIVITIES CALENDAR**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
		<b>1</b> 9:30 BOH Nurse 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	<b>2</b> <b>9:30 Mens' Breakfast</b> <b>9:30 Van: Super Walmart</b> 8:30 Walking Club 12:30 Tai Chi
<b>6</b> 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo 1:30 Seated Meditation	<b>7</b> <b>No Shopping Van– Brown Bag</b> 8:30 Walking Club 9:30 Strength Training 12:00 Lunch	<b>8</b> 9:30 Yoga 12:00 Lunch 12:30 Mah Jong 12:30 Bocce 1:30 Ice Cream	<b>9</b> <b>10:30 Van: Plaistow, NH</b> 8:30 Walking Club 9:30 Knitting Group 12:30 Tai Chi 1:00 Stamp Club
<b>13</b> 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo 1:30 Seated Meditation	<b>14</b> <b>9:30 Van: Riverside/Hav'll</b> 8:30 Walking Club 9:30 Strength Training 12:00 Lunch 12:00 EMS Quilts for Comfort 2:00-3:00 Beginners' Quilting	<b>15</b> 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	<b>16</b> <b>10:30 Van: Mann's Orchard</b> 8:30 Walking Club 12:30 Tai Chi
<b>20</b> <b>SHINE Appts. available</b> 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo 1:30 Seated Meditation	<b>21</b> <b>9:30 Van: Seabrook, NH</b> 8:30 Walking Club 9:30 Strength Training 11-12 Sen. Tarr Office Hrs. 11-12 Rep. Mirra Office Hrs. 12:00 Lunch 1:30-3 Grief Support Group	<b>22</b> 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	<b>23</b> <b>10:30 Van: North Shore Mall</b> 8:30 Walking Club 9:30 Knitting Group 12:30 Tai Chi 1:00 Stamp Club
<b>27</b> 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo 1:30 Seated Meditation	<b>28</b> <b>9:30 Van: Newburyport</b> 8:30 Walking Club 9:30 Strength Training 12:00 Lunch 12:00 EMS Quilts for Comfort 12:45 COA Board Meeting 2:00-3:00 Beginners' Quilting	<b>29</b> 9:30 Yoga 12:00 Birthday Lunch 12:30 Mah Jong	<b>30</b> <b>9:30 Van: Westgate/Haver'll</b> 8:30 Walking Club 10:00 Classic Movie (Casablanca) 12:00 Pizza Lunch 12:30 Tai Chi

**Van Trips:** The cost is \$2.00 roundtrip. The pick-up time for Tuesday shopping trips, as well as the monthly Thursday trip to Super Walmart in Salem, NH, is 9:30 a.m. The pick-up time for all other Thurs. trips is 10:30 a.m., unless otherwise noted. Please confirm pick-up times when you call. Make your reservations ASAP by calling the COA at (978) 352-5726.

